

# WARREN SENTINEL



"Jolly Rogers"

WWW.WARREN.AF.MIL

Volume 64, Issue 33

F.E. Warren Air Force Base, Wyoming

August 19, 2005

**Safety update** *Vehicle accidents lead critical days mishaps* **5**

**Peacekeeper deact 101** *Information you need to know* **13**

**Air Force first** *Warren introduces new gravel road trainer* **6**



Photo by Senior Airman Tonnette Boyd

## LIGHTS, CAMERA, ACTION ...

During an on-camera interview, 1st Lt. Brad Kropp, 90th Operations Support Squadron, speaks with Tom Livingston from News 13 about the deactivation of the Peacekeeper missile. For more on PK deact, see Page 13.

Warren  
participates  
in base  
exercise **9**



Warren  
aquatic  
center a  
'splash' **17**



Providing  
better  
life for  
Airmen **11**





# Commentary

## Becoming a missileer

**Lt. Col. Eric Batway**

*90th Operations Group Deputy Commander*

When I entered the Air Force in 1985 from Reserve Officer Training Corps at Michigan State University (Go Spartans!), I was sent to Vandenberg AFB, Calif., for initial qualification training to prepare for intercontinental ballistic missile crew duty. While there I was immersed into the intricacies of how technical data was laid out, how the launch control center was supposed to work and how to execute our war-time mission through exhaustive Emergency War Order training. When graduation day came and passed, I was relatively sure I hadn't mastered all there was to my new craft, but nevertheless felt confident our class was prepared to succeed once we arrived at the wing.

While I've had numerous assignments since that first training, been afforded many opportunities and met some incredible people; each job provided a unique look into just what it takes, in my eye, to become a missileer. Some of the highlights from my Air Force career include the following: being a member of the historic 10th Strategic Missile Squadron at Malmstrom AFB, Mont., becoming an instructor as a deputy and crew commander and earning a crew member excellence award. Following my initial operations tour, I was selected to cross over to the maintenance career field and gained valuable insight into another facet of our profession. While working in the missile electrical branch I was afforded the opportunity to plant my feet on 147 of the 200 launch facilities at Malmstrom, witness first hand the myriad of tasks an emergency medical technician professional certifies on and see the value of a 24/7 maintenance shop. I also supervised activities in the material control flight and worked parts/pieces and supply issues

to include oversight of a large maintenance budget account.

At the close of my maintenance assignment I was selected for the prestigious Top Hand program in the ICBM test unit at Vandenberg. It didn't take long after my arrival in the 576th Flight Test Squadron to learn this was a great assignment for anyone in the ICBM community. Here I gained a truly unique look into the culmination of operations, maintenance and test processes into a fully cocked and loaded missile system ready to launch and demonstrate full system capability. Overall it was a pretty cool job for someone who thought he was a missileer before arriving on station. From here my journeys took me to Headquarters Air Force Space Command in Colorado Springs, Colo. I eventually became the Chief of ICBM Testing for the major command program office and worked on 42 separate missile launches as a tester. Looking back on that job today, it is particu-

Missileer, Page 3

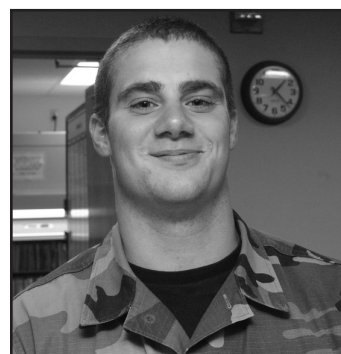
## Man on the street

*The Warren Sentinel asked Warren members, "What are you doing to keep cool this summer?"*



"I stay in the house and play Madden."

- **Senior Airman Karrington Emery, 90th Security Forces Squadron**



"I like camping and swimming."

- **Airman 1st Class John Engholm, 90th Medical Operations Squadron**



"I stand in front of the a/c because I have to wear a vest and I sweat all the time."

- **Senior Airman Wayne Fuller, 90th Security Forces Squadron**



"I swim at the pool in my apartment complex."

- **Airman 1st Class Emily Nelson, 90th Medical Support Squadron**

## WARREN SENTINEL STAFF

**Col. Michael Carey**  
90th Space Wing Commander  
**Capt. Warren Neary**  
Chief, public affairs  
**2nd Lt. Josh Edwards**  
Chief of internal, public affairs  
**Airman 1st Class Connor Elayan**  
Editor

**Senior Airman Tonnnette Boyd**  
Staff writer  
**Senior Airman Lauren Hasinger Sixbey**  
Staff writer  
**Airman 1st Class Tessa Cubbon**  
Staff writer  
**Airman 1st Class Brandy Holcepl**  
Staff writer

The Warren SENTINEL is published by Wyoming Newspapers, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 90th Space Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Warren SENTINEL are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or Wyoming Newspapers, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

### DEADLINES:

**Articles** are due to public affairs, Building 250, room 201, by 4:30 p.m. Thursday the week before publication. Classified ads are due by 11 a.m. Tuesday the week of publication.

**Classified ads** can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue. Edito-

rial content is edited, prepared and provided by 90th Space Wing Public Affairs of Warren Air Force Base, Wyo., of Air Force Space Command. All photographs are Air Force photographs unless otherwise indicated. Public affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at [Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil).

Published by:  
Wyoming Newspapers, Inc.  
202 E. 18th St., Cheyenne, WY, 82005  
(307) 632-5666  
[Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil)

# Commentary

# Integrity: What do you do when no one is watching?

**Special Agent  
Jason Engholm**  
*Air Force Office of Special  
Investigations, Det. 246*

**SOUTHWEST ASIA -**  
- When you think of the expectations you have for your organization, superiors, peers and subordinates, what comes to mind? What core belief, beyond any other, are you adamant on to the last stand?

Of course, many of us would be able to rattle off the Air Force core values without a thought or extra breath. However, maybe there is something even deeper, yet more simplistic, than those three bold statements. Something like, "Do the right thing, even when no one is watching."

Several years ago while working at an office in Eu-

rope, I heard a new Air Force Office of Special Investigations region commander explain his expectations for OSI agents in Europe. During his speech, he methodically returned to his basic standpoint of above all else, "Do the right thing."

No matter if it was during a witness interview, while conducting threat assessments in Latvia or performing background investigation checks in Germany, he always said, "Do the right thing." I, along with many others who heard that commander speak, have taken that bit of professional and personal advice to heart. I now feel that subtle, yet powerful, phrase is the key to a strong ethical code.

So, how do you follow this code and make the right choices and actions?

Is there a magic formula or an instruction that outlines how a person should make decisions and act? No, unfortunately there is not. We must depend on our training, personal integrity and commitment to each other.

To abide by this expectation, we have to remain true to our training and cannot cut corners, bend the rules or stretch the truth.

For example, at a recent meeting, I witnessed a foreign national counterpart decline alcohol refreshments because his commander, hundreds of miles away, issued an order that prohibited his nation's personnel from consuming alcohol while in theater.

Even though others were able to indulge, and there was little chance anyone would find out, my friend

stuck to his personal obligation to do the right thing. I respect my friend for his courage and commitment to duty.

In addition to staying true to the rules of our profession, we must insist on the integrity to take the path of the challenging right over the simple wrong. For instance, when we are performing duty within the restricted area on the flightline and observe someone who may be unauthorized, we must put forth the extra effort to challenge the individual rather than letting the next technician confront that person. Although we are busy, that extra effort sets us above other professions. In the end, an honorable life is more rewarding than an easy one.

The last portion of this expectation is to have the

yearning and commitment to watch out for each other. Simple things such as replenishing paper towels in the bathrooms and engaging each other in conversations about life can accomplish this.

We should exploit the chance to mentor and develop each person and grade at every opportunity and share the principles of leadership and management regardless of our own rank. We must develop and nurture the people we work with as we perform as a team to uphold the high expectations we have for our profession and selves.

"Do the right thing." It is a simple approach to life that is the critical core to a strong ethical code. By living by this philosophy, we remain faithful to our vocation, ourselves and each other.

## Missileer, from Page 2

larly rewarding as I see several of the programs I helped influence as a tester become reality at Warren. Getting propulsion replacement, guidance replacement and moving Mk 21 reentry vehicles from Peacekeeper to Minuteman are all programs that dominated my time in the HQ. The last year at HQ AFSPC I was fortunate enough to be the MAJCOM Career Field Manager for all 13S space and missile officer positions worldwide. At the close of this assignment I was positive I had become as well rounded of a missileer as one could ever hope to be.

These were not the last assignments or responsibilities I've held since arriving at Warren in late June of this summer. There were more opportunities at Minot AFB, N.D.,

as an evaluator, operations officer and interim squadron commander. There were challenging times during a demanding second assignment back in the test squadron at Vandenberg as the Maintenance Advisor, an Operations Officer and again as the Interim Squadron Commander during an unprecedented 42 consecutive day inspector general inspection. I also had a unique assignment teaching ROTC and preparing future Air Force leaders as they progressed through our detachment at Michigan Technological University. These jobs gave me the chance to solidify and reflect on my beliefs about what exactly it is to be a missileer.

If you've survived this narrative to this point I'll tie it all together for you now. This article is not about a

resume; it is about the growth and realization of what one guy feels it is to truly be a missileer. It's about an understanding of how our ICBM business all comes together and fits into a very large and important puzzle throughout the remote missile complex, shops on base, testing locations and within offices of the various command elements. In the end, we are all players possessing expertise and entrusted to ensure valuable parts of the ICBM machine are poised to execute the mission whenever called to do so. It is not about the configuration of a badge you wear on your uniform, it is more about how you dedicate yourself to the various jobs you currently hold and how you successfully weave your respective unit into making the

entire larger-than-life process run as it should.

We all work in a shrinking community and there is no room for the damaging effects of parochialism. We all need to make the most of our time while we serve and realize there is always a lot more to learn, there are always people to help along the way at any rank or level and that there are a lot more pieces working together than the small area we currently hold dear. When your time in the ICBM business is done you should be proud of what you've done, stick your chest out and tell folks, "I was a part of something really, really big, I was the best in my craft and most of all, I left it better than I found it."

That is what it means to me to be a missileer.



# Troop 108 completes a week at camp

## Scouts learn basic skills, leadership at Camp Buffalo Bill

**2nd Lt. Josh Edwards**  
*90th Space Wing Public Affairs*

The members of Boy Scout Troop 108, with the sponsorship of the Non-Commissioned Officer's Association of Cheyenne, recently completed a one-week summer camp at Camp Buffalo Bill.

All the troop's first-year scouts completed the First Year Camper Program that teaches basic skills, offers leadership discoveries and incorporates many outdoor advancement requirements for the ranks of tenderfoot, second class and first class. The scouts also did an outpost hike and earned merit badges for archery, basketry, bird study, first aid, emergency preparedness and environmental science.

The summer camp is the favorite annual scouting activity for committee chairman Chuck Tyler.

"This is one of the many scouting activities that helps build character and life skills," Mr. Tyler said.

The boys also enjoyed the camp. "I had a really good time at Camp Buffalo Bill," said first-year scout Cameron Jacobs. "Archery was my favorite part."

"Archery was my favorite part, by far," said first-year scout George Krohn, "I also liked the first aid merit badge classes."

"I enjoyed the outpost hike," said scout Matthew Schooler, senior patrol leader for the troop.

At the annual summer camp, the boys meet and interact with people from many other places. They may also work at the summer camp as they get older.

Troop 108 has been in existence for 56 years, according to Scoutmaster Pat McEachron. At one time, it was Troop 103. The log cabin at Warren where the troop meets was built in 1939.

The troop currently has five members, and will be adding a couple more in September.

"My favorite part about being a scout leader is working with the boys and watching them mature over time," Mr. McEachron said. "I also get to go camping and not have my wife bug me about it."

Mr. McEachron has been Troop 108's scoutmaster for eight years, and in that time he has guided his son and many other boys to reach the level of eagle scout. The troop averages about one boy achieving eagle scout a year. Each year, the Lion's Club in Cheyenne holds a dinner for each young man who becomes an eagle scout.

Mr. McEachron said that it's up to the boys in Troop 108, whose ages range from 11 to 13, to plan out projects and activities while the leaders guide them along the way. For their next camping trip, the boys will have to plan the food menu for the weekend.

While scouting is not as inexpensive as it used to be, Troop 108 receives monetary and material donations each year to help support its activities. The Warren Spouses Club donated \$200 this year and last year to the troop which was used to fund new camp stoves and several activities.

Security forces at Warren also



Photo courtesy of Troop 108

Left to right: Robert Samson, patrol leader; Milbert Krohn, adult volunteer; Matthew Schooler, senior patrol leader; George Krohn, first-year scout; Daniel Carey, first-year scout; Chuck Tyler, committee chairman; Cameron Jacobs, first-year scout.

donated dome tents that the troop uses.

The scouts also do some of their own fundraising to help pay for everything they do. One fundraiser is putting up flags around the downtown Cheyenne streets for holidays. This fundraiser earns the troop about \$250 a year.

The Boy Scouts of America provides a program for community organizations that offers effective character, citizenship and personal fitness training for youth, said parent and adult volunteer Milbert Krohn. Boy Scouting achieves these objectives by focusing on a vigorous program of outdoor activities, said Mr. Krohn. Scouting is available to boys who are 11, but not yet 18 years old.

Although the boys in Troop 108 are young, they have already begun to grasp the positive impact that

scouting has had on their lives.

"It's going to make us more respectful, and will help us in our jobs when we're older," said George Krohn.

Camp Buffalo Bill is located 43 miles west of Cody, Wyo., and seven miles east of Yellowstone National Park, Wyo. Some of the activities for scouts to enjoy at the camp are hiking, riding, rafting, canoeing, fishing, rappelling, archery and rifle shooting.

Regular scout meetings are held at 7 p.m., Wednesdays at the Scout Cabin on Rogers Drive. Merit Badges and awards will be presented at the 2005 Court of Honor on 7 p.m., Wednesday. In addition, a slide show of the trip to summer camp will be presented. All who wish to attend must RSVP.

For more information, call Mr. McEachron at 433-0823 or Mr. Tyler at 635-6292.

# Vehicle accidents lead 101 CDS mishaps

**Catherine Jung**  
*AFSPC Public Affairs*

**PETERSON AFB, Colo.** – To date, 16 Airmen have lost their lives in motor vehicle accidents during the 101 Critical Days of Summer – seven in personal motor vehicles and nine on motorcycles.

"The statistics are staggering," said General Lance W. Lord, Air Force Space Command Commander. "There are four weeks left of the 101 CDS campaign, and this year's total Air Force mishap numbers

have exceeded those for each of the past two years."

Twenty-six Air Force-wide fatalities have resulted from motor vehicle accidents, on-duty and off-duty incidents, sport and recreation mishaps, and alcohol-related causes. However, more Airmen have died from motor vehicle accidents than all other causes combined.

"A person is 26 times more likely to die on a motorcycle than in a car," said Col. Chris Hale, Air Force Space Command chief of safety, "although,

both can be just as deadly for the inattentive driver."

Speeding, distractions, lack of seatbelt use and chemical impairment factor into most personal motor vehicle mishaps, according to the colonel. Speed, curves, guardrails, gravel and alcohol can lead to deadly results for motorcyclists.

It is especially important to be vigilant about safety in the month of August, which historically has been the most dangerous time of the year, according to Air Force and

national statistics.

"Many Airmen PCS, burn use-or-lose leave and travel on vacation during August," said Colonel Hale. "That means additional days on the road competing with others trying to do the same thing. The best defense is to plan ahead, plan your route, set a realistic travel schedule – no more than eight hours per day behind the wheel, regular rest stops and leeway for contingencies. Once you get where you're going, plan your activities so you don't overextend yourself. We

can all make safety a priority and reverse this year's tragic trend of mishaps for Air Force Space Command and the Air Force."

"Air Force Space Command has lost two Airmen in tragic mishaps during the 101 CDS; that's two too many," said General Lord. "I ask each commander, first sergeant and supervisor to be involved with their folks, and talk to them before they head out on leave. Make sure they have a good plan. The bottom line is safety is an attitude – get one!"



## Briefs

### GPS mini-conference

The 2nd Space Operations Squadron is hosting a mini-conference on the current state of GPS operations to commemorate 20 years of GPS command and control at Schriever AFB, Colo.

The conference will be held at Schriever Sept. 29 and 30. Immediately following the conference, a short ceremony will be held celebrating the 20th anniversary. The mini-conference is aimed primarily at alumni of 2 SOPS, the 2nd Satellite Control Squadron (our predecessor unit), and anyone who is interested in GPS operations.

If you are interested, visit [www.airforcespace.com](http://www.airforcespace.com), or call Capt. Eric Simmons at (719) 567-6325 (DSN 560-6325), or 1st Lt. Ken Holmes at (719) 567-5695 (DSN 560-5695) for more information.

### NCOA meetings

The Noncommissioned Officers Association, chapter 1169 will hold monthly general membership meetings the first Tuesday of every month upstairs in Building 347 (airman's attic). Members and non-members are welcome to attend.

For more information, contact Master Sgt. Robbin Rooney at 773-2911 or Tech. Sgt. Johnny Goldfuss at 773-3817.

### Air conditioning in military family housing

Air conditioner units are not authorized in housing units due to their excessive power draw per 90SW PAM32-12 paragraph 2.1.8.4.

If an individual has a licensed home daycare, they must submit the daycare license and Air Force Form 332 to the 90th Civil Engineer Squadron housing management office. If an individual has a medical condition making air conditioning a medical necessity, they must obtain a statement from their doctor and submit it along with a waiver request to 90 CES/CEH.

For more information, call the housing management office at 773-1840.

# Warren introduces Air Force first Gravel road trainer reduces mishaps

**Dave Clark**

*90th Space Wing Safety*

Members of the 90th Logistics Readiness Squadron recently converted a five-ton maintenance van to a gravel road trainer to be used as a training vehicle.

Instructors from the 90th Maintenance Group, 90th Civil Engineer Squadron, 90th Operation Support Squadron and 90 LRS plan to use this vehicle to train vehicle operators on proper control and recovery procedures when driving heavy vehicles on gravel roads.

"As the first of its kind in the Air Force, this vehicle will prove to be a valuable training tool in reducing mishaps while operating large vehicles on paved and gravel roads," said Lt. Col. Chris Gentry, Chief of Safety.

The process to convert the vehicle started in the fall of 2004. The 90 LRS identified a vehicle that was being taken out of service.

They then obtained the proper permission through Air Force Space Command. Vehicle maintenance



Photo by Dave Clark

technicians completed the new design for the vehicle and developed a cost estimate.

Group commanders from the 90th Operations Group, 90 MXG, and 90th Mission Support Group donated the necessary funds allowing 90 LRS to procure the conversion materials.

Converting the vehicle involved removing the hoist from the cargo box and adding steel reinforcements to the entire vehicle. In the cab, the rear seat and front seat belts were removed. Technicians then installed a roll cage and five-point safety harnesses for the

driver and instructor.

Finally, web safety nets were installed on the windows to further protect the driver and instructor.

Vehicle operators receive 30 to 45 minutes classroom instruction and then go out to the gravel road course on the north side of the base.

After a brief vehicle orientation, students don their safety helmet, strap themselves into the driver's seat and head off to the course.

For more information on the new gravel road trainer or to sign up for training, contact the wing safety office at 773-1842.

## Busted: Warren's Article 15s for July

### 90th Space Wing Legal Office

Six Article 15 actions were processed at Warren during the month of July.

The following is a breakdown of the Uniform Code of Military Justice articles violated and the punishments received:

#### Alcohol related incidents:

An airman violated Article 92 of the UCMJ by consuming alcoholic beverages while under

the legal drinking age. He received a reduction to airman basic.

An airman first class violated Article 92 of the UCMJ by consuming alcoholic beverages while under the legal drinking age. He received a reduction to airman, suspended forfeitures of \$692 per month for two months and a reprimand.

#### All other:

A first lieutenant violated Articles 92 and 133 of the UCMJ by engaging in an unprofessional relationship with

an enlisted member and failing to discontinue pursuit of a relationship after being advised by another officer to do so. He received forfeitures of \$1,800 pay per month for two months and a reprimand.

An airman first class violated Articles 86 and 92 of the UCMJ by failing to go to his appointed place of duty on more than one occasion and for failing to attend training. He received a suspended reduction to airman and 30 days restriction to

base.

An airman first class violated Article 109 of the UCMJ by vandalizing another airman's property. She received a reduction to airman and a suspended reduction to airman basic.

An airman first class violated Article 90 of the UCMJ by failing to obey a lawful command from his superior commissioned officer. He received a reduction to airman and suspended forfeitures of \$100 pay per month for two months.



## Construction Corner

### Road Closure From Aug. 28 to Sept. 30 at the intersection of Old Glory Road and Fuel Road

Old Glory Road and Fuel Road will close Aug. 28 to Sept. 30 to replace distribution lines. One lane of traffic will flow in each direction. Buildings 665 and 660 can be accessed via South Frontier Road to the east end of Fuel Road. Note the actual construction site and follow the signs provided.

For more information, contact Tech. Sgt. Rodell Reed at 773-4097.



# Nuclear reaction

## Warren Airmen participate in base exercise



Photos by Airman 1st Class Tessa Cubbon



Airman Froilan Franco, 90th Logistics Readiness Squadron, takes a break from the base exercise Aug. 12 to take a drink of water from his canteen.

Airman 1st Class Marcus Goodpaster, 90th Logistics Readiness Squadron, inspects his chemical warfare antidote before simulating inserting it into the meaty part of his thigh Aug. 12.

# SGLI coverage increases to \$400,000

## Military Personnel Flight

Effective Sept. 1, the Servicemembers' Group Life Insurance maximum coverage will increase from \$250,000 to \$400,000 automatically.

The monthly payment will increase from \$16.25 to \$26.00 for full coverage.

Those wishing to decrease their SGLI may do so in increments at a charge of \$3.25 per \$50,000 of coverage.

Members that wish to decline the increase must do so by Sept. 30 to receive a refund on the next pay period. After Oct. 1, members

will not receive a refund from the previous month.

Those that have declined previous coverage will also have their SGLI automatically increased to \$400,000.

If those members wish to decline coverage, they must complete a new SGLV form 8286 (September 2005 version) by Sept. 30.

Existing beneficiary designations remain effective in the same proportion to \$400,000 as the proportion of total benefits the beneficiary was designated to receive under the last valid SGLV 8286.

Married members that designate a primary ben-

**EFFECTIVE SEPT. 1, THE SERVICEMEMBERS' GROUP LIFE INSURANCE MAXIMUM COVERAGE WILL INCREASE FROM \$250,000 TO \$400,000 AUTOMATICALLY.**

**MEMBERS THAT WISH TO DECLINE THE INCREASE MUST DO SO BY SEPT. 30**

eficiary for their SGLI coverage other than their current lawful spouse will have a letter forwarded to the spouse informing them

of such a designation.

The revised SGLV Form 8286 will be available on the DVA Web site [www.insurance.va.gov](http://www.insurance.va.gov) be-

ginning Sept. 1. For more information contact the Air Force Personnel Center Casualty Services Branch at DSN 665-3505.



# Building better families

## Family advocacy, life skills programs prepare Airmen for future

### THE CIVILIAN PAVILION

**Matt Cox**  
*Visual Information*

Glenn Garcia is in the business of building better families.

Mr. Garcia, Family Advocacy Program Outreach Manager, 90th Medical Operations Squadron, has spent the past seven years at Warren working to help young Airmen and their families live better lives.

He said the main focus of the family advocacy/life skills program is to prevent and treat family violence issues. He emphasizes the importance of prevention and of identifying and isolating the problem before it requires treatment.

That means education is very important.

"Through the services we offer Airmen and their dependents, we hope to prepare them through education to handle difficult situations that may arise in their lives," he said. "Prevention is the key."

Family advocacy and life skills go hand in hand, and many other base services march in step to ensure Warren members' overall well-being.

The health and wellness center offers resources for general healthy living, the family support center supports

all family matters, the drug demand and reduction program deters illicit drug use, and the chaplains form a safety net to snare at-risk Airmen.

This combination gives Warren families the resources they need to live happy, healthy lives.

And happy, healthy Airmen are the desired results.

The family advocacy/life skills approach to mental health is progressive: Mr. Garcia and his team handle crises by working together with base leadership, community agencies, Airmen and their families. They layout all possible variables, dissect those of high priority, plan ahead and try to fix the problem before it's a problem.

An example would be the New Father's class. Created in 1997, this two-hour class offered the first Wednesday of every month teaches new or expectant dads the intricacies of fatherhood.

From proper baby holding and diaper changing techniques to maintaining a healthy relationship and managing stress, this class tackles all aspects of impending fatherhood.

"Since we began offering this class, we haven't had one participating father referred to us for family violence or child abuse. It's a great statistic for us," said Mr. Garcia.

Parenting may not

come with an instruction booklet, but at family advocacy/life skills, there are resources.

Betty Varga, Family Advocacy Nurse, works closely with Mr. Garcia and the families.

The two share philosophies when it comes to building better families: It's always under construction.

Other classes provide Warren members with a well-rounded education in overall well-being. In addition to the New Father's class, Mr. Garcia and Ms. Varga tender instruction such as the Bundles for Babies class, a course sponsored by the Air Force Aid Society and family support center to teach new parents about the changes a new child brings.

These services mean little to Mr. Garcia and Ms. Varga without one underlying theme: people helping people.

Mr. Garcia stressed the importance of community building and peer support for definitive success. And that's just what the coordinated effort between these agencies was designed for.

The People Helping People Integrated Delivery System is a "community assessment team made up of several core helping agencies to provide prevention services to the base population," according to PHPIDS literature.

Take Warren's two-year old responsible drinking campaign, 0-0-1-3, for instance.

That came to fruition through the partnership between PHPIDS and Warren brass.

After a couple of meetings to hammer out a marketing blitz, 0-0-1-3 was born.

Now in its second year,

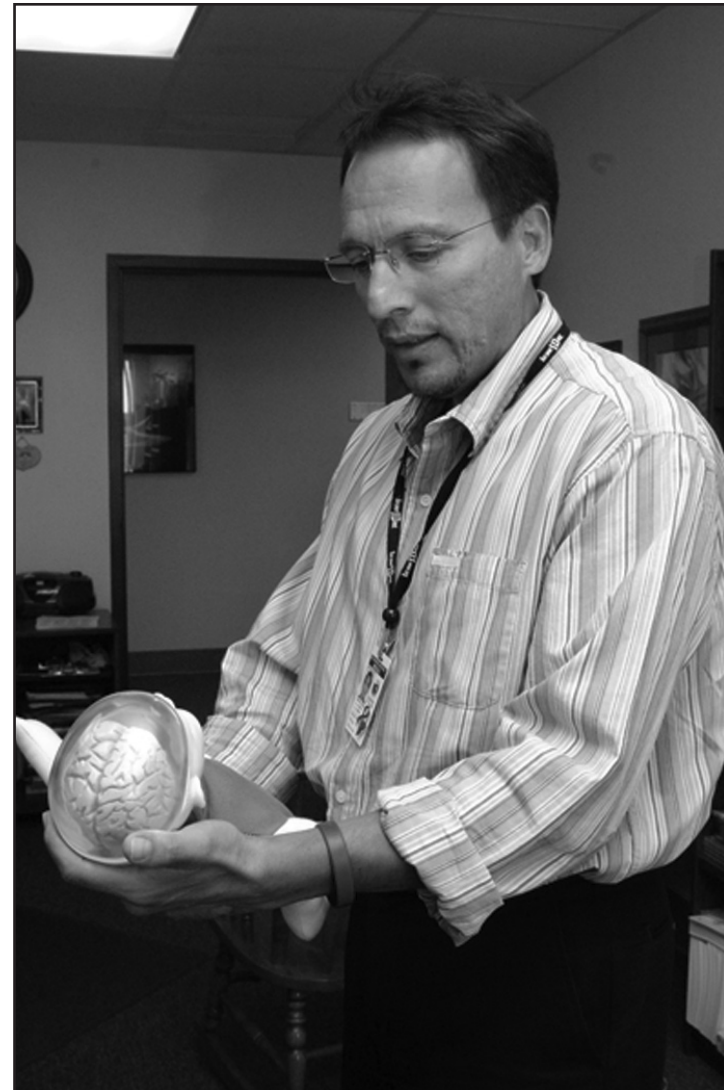


Photo by Airman 1st Class Tessa Cubbon

**Glenn Garcia, 90th Medical Operations Squadron, demonstrates how not to handle an infant with a model. The life skills office has a new father's class where expectant dads can see the effects on a baby's brain when shaken.**

the responsible drinking campaign is sinking in; the statistics prove it.

Results for the fourth quarter in 2004 show a 75 percent reduction in alcohol related incidents, a 73 percent reduction in alcohol related infractions, an 81 percent reduction in underage drinking, and a 36 percent reduction in driving under the influence citations.

With Col. Michael Carey now in charge, Mr. Garcia is excited about working with the new Wing Commander on the second component of 0-0-1-3.

"When we first drafted the 0-0-1-3 action plan, the program comprised various stages, the first

being education and marketing," said Mr. Garcia. "We've met the goals of that stage and we are looking forward to the second stage: investing in people, the wingman approach."

He said marketing the campaign will continue and, of course, education will remain the top priority, but helping people learn to take care of one another is the next step.

"The Warren community works very, very well together, so this will be a natural transition for us," he said. "Leadership taking care of Airmen and Airmen taking care of each other, that's the ultimate goal."

**FOR MORE INFORMATION ABOUT  
ALL THE SERVICES OFFERED  
THROUGH THE FAMILY ADVOCACY/  
LIFE SKILLS PROGRAM, CONTACT  
GLENN GARCIA AT 773-6278.**



# Peacekeeper deact 101: What you need to know

## PEACEKEEPER (LGM-118A)

### System Description

**Primary function:** Nuclear deterrence

**Contractor:** Boeing Aerospace and Electronics  
Assembly and test: Lockheed Martin and Denver Aerospace

**Power Plant:** First three stages - solid propellant; fourth stage - storable liquid (by Thiokol, Aerojet, Hercules and Rocketdyne)

**Warheads:** 10 Avco MK21 re-entry vehicles

**Guidance System:** Inertial; integration by Boeing North American, IMU by Northrop and Boeing North American

**Length:** 71 feet (21.8 meters)

**Weight:** 195,000 pounds (87,750 kilograms) including re-entry vehicles

**Diameter:** 7 feet, 8 inches (2.3 meters)

**Range:** Greater than 6,000 miles (5,217 nautical miles)

**Speed:** Approximately 15,000 miles per hour at burnout (Mach 20 at sea level)

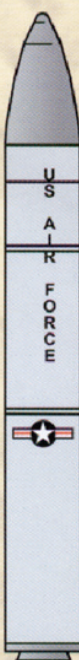
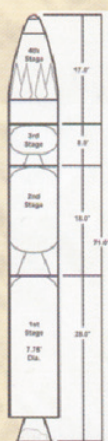
**Unit Cost:** \$70 million

**Number Deployed:** 50



**Peacekeeper Bases and Time in Service**

Base	State	Time in Service
F.E. Warren AFB	WY	1986-



How do you feel about the upcoming deactivation of the Peacekeeper missile?



"I'm sad to see it go, but it's for a great cause."  
- 1st Lt. William Ferguson, 400th Missile Squadron



"In a way it's kind of scary because it's the most accurate missile in the world. It's sad because we're very close knit."  
- 1st Lt. Jacquie Murrish, 400th Missile Squadron



"I've been with the Peacekeeper for seven years. I'm looking forward to transitioning to the Minuteman."  
- Tech. Sgt. Bryan Stewart, 90th Missile Maintenance Squadron

## PK ALUMNI EVENTS

*Sept. 19 will mark a key moment in the history of the United States with the deactivation of the most reliable nuclear weapon system the world has ever known. The 90th Space Wing will be hosting Peacekeeper Deactivation Events (see below) on Sept. 20 for all the men and women involved with the Peacekeeper weapon system. Registration has begun.*

### Peacekeeper Alumni Barbecue

An alumni Santa Maria Barbecue is scheduled for 12 to 3 p.m., Sept. 20 at the PK highbay. The event is sponsored by intercontinental ballistic missile contractors of Air Force Space Command and the Cheyenne Cowboy Air Force Association Chapter. Major General Frank Klotz, 20th Air Force Commander, will be the guest speaker. This event is open only to registered PK alumni.

### Golf tournament

A golf tournament is scheduled for Sept. 30 at the Warren Golf Club. Registration begins at 6:30 a.m. followed by a shot-gun start at 8 a.m. The cost is \$32 for E-1 to E-4, \$37 for E-5 and above, \$40 for civilian guests and \$23 for members.

### Base tours

Tours of the of the training launch facility, missile procedures training facility, Warren Heritage Museum and Warren Historic Homes are scheduled for every half hour, 8 a.m. to 4 p.m., Sept. 20. A bus will pick-up and drop-off tour guests at the base theatre parking lot.

For more information and to register, visit [www.PKdeact.com](http://www.PKdeact.com). Spaces are limited to a first come-first served basis. Participants must procure their own billeting and travel arrangements.





Photo courtesy 30th Space Wing Public Affairs

## VANDENBERG AIDS IN DISCOVERY LANDING

VANDENBERG AFB, Calif. – Wesley Fleming, a mission control supervisor with Indyne Inc., and 1st Lt. David Rodriguez, a range control officer with the 2nd Range Operations Squadron, pull an all-nighter at the Western Range Control Center to provide tracking for the Space Shuttle Discovery landing.

# Years to build, seconds to knock down

## Historic tower at Launch Complex 13 toppled

**Ken Warren**  
45th Space Wing Public Affairs

**CAPE CANAVERAL AFS, Fla.** – What took years to build took seconds to knock down Aug. 6 when 171 pounds of strategically placed explosives were detonated, toppling the historic 179-foot mobile service tower at Launch Complex 13.

The 1,300-ton structure was used to launch Atlas/Agena space launch vehicles in the 1960s and 1970s.

The most famous of those launches were five Lunar Orbiter missions for NASA in 1966 and 1967. Those missions photographed about 99 percent of the moon's surface and helped pave the way to men landing on the moon in 1969.

There were 51 launches of Atlas and Atlas/Agena vehicles from Complex 13 from 1958 to 1978. The last launch from Complex 13 occurred April 6, 1978, and the pad was abandoned.

Salt air and the elements

whittled away at the complex and tower. Pieces of the rusty structure, along with toxic paint chips, fell to the ground, creating safety and environmental hazards.

"The demolition of this tower demonstrates our commitment to safety and a healthy environment," said Teresa Fiorillo, 45th Civil Engineer Squadron project officer. "Yet, it's kind of sad to see this historic structure go."

Col. Mark Owen, 45th Space Wing commander, echoed her sentiment.

"This is where we developed the Atlas intercontinental ballistic missile. This is where we sent the launches that NASA used to help map the moon. It is key to our history. So it is kind of like seeing an old soldier go. It is sad," he said.

Dick Ruffe, of Titusville, is another old soldier and retired Atlas systems engineer. He helped build Complex 13, was involved with many of the flights from there and witnessed the demolition.



Photo by Ken Warren

Workers from Jacobs Engineering examine the historic 179-foot mobile service tower at Launch Complex 13 after it was toppled by explosives Aug. 6.

"We accomplished a lot at Complex 13," he said. "Hard to imagine it – but it's all gone in a puff of smoke. It came down a lot faster than it went up."

The fallen tower will be cut up

and transported to the Cape Canaveral AFS landfill where it will be buried in a special cell. Once the launch site is cleaned up in six to eight months, it will be available for industrial re-use.





Photos by Airman 1st Class Tessa Cubbon

Julian Cox adjusts his goggles before practicing his water treading skills during his swimming lessons at Warrens Aquatic Center Tuesday. Swimming lessons are offered all year for various age groups including parent/tot lessons for ages 6 months and up, beginning, intermediate, advanced and adult classes.

## Life's a 'splash' at Warren Aquatic Center



Alexa Trees shows off her skills as she prepares to dive into the water at the aquatic center Tuesday.

**FOR MORE INFORMATION OR TO SIGN UP FOR  
SWIMMING LESSONS, CONTACT THE  
AQUATIC CENTER AT 773-3195.**



Brett Davis, Life Guard, watches Julian Cox as he prepares to swim.



# Airman proves to be CFD 'superstar'

## 90 LRS dispatcher juggles work, family, volunteering

Staff Sgt. Jeremy Sudlow has become a well-known face in the 90th Logistics Readiness Squadron. His contributions during Cheyenne Frontier Days 2005 prompted his first sergeant, upon request for a 90 Seconds of Fame candidate, to immediately name him. Amidst much good-natured 'superstar' kidding from his coworkers, he sat down with Senior Airman Tonnette Boyd to discuss his work environment, goals, and how he juggles his time between hobbies, family and school.

### Why do you think you were selected for this?

Probably for CFD. I'm not the only person in the squadron or even in my shop who worked out there, but over time I guess they just remembered my name.

### What volunteer work did you do for Cheyenne Frontier Days?

I was on the transportation subcommittee. We handled the Thunderbirds air show, and we transported about 5,600 people.

### Describe your job.

I'm a dispatcher. I control movement of personnel for deployments, and I'm the person to contact for all transportation requirements on base. We usually transport at least 36 missileers per day, all the vehicle control officers on base, and members of every unit. If you need eight people flown out of Denver International Airport for their deployment, we transport them there.

### What's your work environment like?

We're a pretty tight-knit group. Staff Sergeant Camacho is my best friend here. When one of us has to come in early, we both come in early. With 10 of us deployed, it takes every one of us to get the job done and keep ourselves sane.

### Tell me about your co-workers.

We kid each other all the time. Sergeant Camacho has been work-



Photo by Senior Airman Tonnette Boyd

Staff Sgt. Jeremy Sudlow, 90th Logistics Readiness Squadron, performs an oil check on a 10-ton tractor trailer Aug. 10.

ing on the wash rack for the longest time. But he said I should personally send the e-mail out when the wash rack is finished, so I could get all the credit for that too on top of all this other recognition. But seriously, we all get credit for the work we do. Sergeant Camacho does very well with the troops. He's the dispatch Support Supervisor. Sergeant Kelly is the chief dispatcher, and she's good at her job. There's no backstabbing here, because it's just not worth it.

### Who serves as your inspiration?

My mentors Master Sergeant Duran, Senior Master Sergeant Brown and Master Sergeant Dickens (ret.) They showed me how to be a better noncommissioned officer.

### What are your hobbies?

I play softball, on both the squadron team and a team downtown.

The squadron is 12-5, and downtown we're 12-4. I love softball, it's my outlet.

### Do you have family here?

My daughters Mychaela and Madison, they're 10 and 8. My son Jake is 2, and of course there's my wife, April. When I'm not here or at my second job, I'm usually with them.

### What is your second job?

I work at Pet City in the mall. I get to play with dogs all day. I've had dogs my entire life, so it's very fun.

### Do you have any pets?

I have an English bulldog named Lily. She's 9 months old.

### Are you in school?

I'm going back to school to finish my Community College of the Air Force degree, and then to get an associate's degree in business.

### How will you find time for school, with two jobs, two softball teams, volunteer work and a family?

I only work in the mall on weekends. Besides, I'm pretty good at time management.

### Do you have a favorite book?

I don't have any time for casual reading, though I will find time to read for school. I suppose my favorite book is 'The Count of Monte Cristo.' I just love the main character's determination. He's a sailor arrested for a crime he didn't commit, but he ends up on top.

### Favorite movie?

'Bourne Identity.' I like action films with a plot.

### Favorite TV show?

'Seinfeld' reruns. It's the only thing still on after we put the kids to bed.

This page is reserved to recognize outstanding Warren members.  
To nominate, e-mail [connor.elayan@warren.af.mil](mailto:connor.elayan@warren.af.mil)

## Red Cross swim lessons

Red Cross swim lessons are being held until Aug. 25, Mondays through Thursdays with morning and afternoon sessions. The cost is \$26 (\$21 with family swim pass).

For more information, call 773-3195.

## Open-play paintball

Open-play paintball is being offered 6 to 8 p.m., Thursdays at the paintball field.

Cost is \$12 per person and includes marker, filled 20-ounce tank, safety gear and first 200 rounds. Additional Co2 and paintballs will be available on-site. Sign up by 3 p.m. the day of play at outdoor recreation.

For more information, call ODR at 773-2988.

## Family night at the club

Come to the Trail's End Club 5 to 7 p.m., Thursday, for Family Night Back to School with the Rugrats.

The cost is \$6.95 for club members and \$8.95

for non-members.

The cost for children ages 6 to 10 is \$3.95 and ages 5 and younger are free.

Hot dogs and a burger bar will be available. Also available are a jump house, putt-putt golf, games, door prizes and more.

Reservations are recommended.

For more information or to make a reservation, call 773-3048.

## Club championship

The Warren Golf Course Club Championship is scheduled for Saturday and Sunday and is open to all military and annual green fee members.

Flights determined by sign ups. Shotgun start is scheduled for 8 a.m. both days.

The cost is \$60 for members and \$80 for non-members. The cost includes green fees, prizes, prize fund, Saturday breakfast and Sunday lunch.

For more information, call 773-3556.

## Labor Day weekend

## rental specials

Rent a camper for the long weekend for \$99 and get an extra day free – customer has the option to pick up one day early (Sept. 1) or return it one day late (Sept. 8)

Rent any tent for the long weekend and pay the regular weekend rate plus \$4. Rent any other camping gear for the regular weekend rate.

Rent a 14-foot fishing boat for only \$55 and get an extra day free. Rent a 17-foot fishing boat for \$95 and get an extra day free.

For more information, call ODR at 773-2988.

## Youth Pee Wee Indoor Soccer League

Registration for Pee Wee Indoor Soccer ends today at the youth center for ages 5 to 9.

The cost is \$40 and includes a uniform. All games will be held in the youth gymnasium starting the third week of September. A parents meeting is scheduled for 6 p.m., Aug. 24 at the youth center.

Practices will start the week of Aug. 29.

## Youth summer basketball camp

Learn the basics of shooting, passing and dribbling from chief clinician, Kirk Aytch and his staff at the youth center 5:30 to 7 p.m., Monday, Wednesday, Aug. 29 and 31. Ages 5 to 18 are welcome to attend. Registration ends today. The cost is \$20 per child and includes a camp T-shirt.

## Give Parents a Break program

Give Parents a Break is a free childcare program for active-duty members with children ages 6 weeks to 11 years who are under unique stress.

The program is available monthly on the first Saturday, 8 a.m. to noon and third Friday, 5:30 to 9:30 p.m.

For more information or to request a referral for the Give Parents a Break program, contact your squadron commanders,

first sergeants, chaplains, medical professionals, family advocacy, family support center or the child development center.

## Auto skills stalls

The auto skills center now offers reservations for a patron-use stall. Stalls are reserved one business day prior to use for \$3 per hour. One stall is available for reservations, and doesn't include a lift.

Reserved stalls are held until five minutes after the reserved time then released to waiting patrons.

For more information, contact 773-3869.

## The Spa at the aquatic center

The Spa at the aquatic center offers massage therapy, hot stone massage, couples massage, body wraps (mud, seaweed, etc.), sugar scrub, facial mask/reflex session, ear candling and air brush tanning.

For more information, call the aquatic center at 773-3195.

# 6 by 6



## SHIRT'S CORNER

*Customs and courtesies tips from Warren's first sergeants*

### Warren First Sergeant's Council

When is it appropriate to grow a beard or facial hair? I questioned several active duty individuals during Cheyenne Frontier Days, many proudly displaying beards and goatees. Their responses varied from "who the hell are you to ask me that?" to "I don't know, but I'm sure you're going to tell me," to "I'm on leave, don't bother me."

After those responses, you know the first sergeant in me was just chomping at the bit to answer. So I pulled out my trusty ID card, introduced myself and did so. Then I instructed them to do the right thing even when no one was looking -- a.k.a. integrity -- and go home and shave.

To provide an answer to the above responses I did some research. There is only one reference in all the AFIs I checked. This was in AFI 36-2903, Dress and Appearance, Page 9, table 1.4. The column for beards, to my amaze-

ment, was blank -- meaning I couldn't find a time when beards could be worn.

I did find in the next block that beards "will not be worn except for health reasons when authorized by a commander on the advice of a medical officer. If commander authorizes, members keep facial hair trimmed not to exceed 1/4 inch in length. Individuals granted a shaving waiver will not shave any facial hair. Commanders and supervisors will monitor progress in treatment to control these waivers."

It is down to each individual's integrity to abide by this and all other AFIs. They all state "compliance with this instruction is mandatory." So the correct answer to when it is appropriate to grow a beard is: never. No pencil thin line beards, no goatees, no mutton chops, etc. Not on leave, not on the weekends, not during CFD. Never. Facial hair may only be grown with an approved shaving waiver.

## Personnel Reliability Program is everyone's responsibility

**Question:** What is a critically controlled position?

**Answer:** A position where a certified individual has the technical knowledge to launch or use a nuclear weapon based on training, duties and responsibilities. This position requires an individual to have a top secret clearance.

Look for general knowledge questions and answers every week in the Sentinel, courtesy of the base PRP office.

## FRONTIERCADE '05

**F. E. Warren's Annual Field Day & Family BBQ**  
**Friday, August 26, Argonne Parade Field**

An alternative duty location! Ya'll come now, Ya' hear!

**SERVICES**  
Combat Support & Community Service

### Opening Ceremony 10 a.m.

National Anthem • Invocation  
Opening remarks by Wing Commander  
Tossing of the Golden Buffalo Chip

### Events for the Kids!

**10 a.m. - 2 p.m.** No advance sign up necessary  
Jump House • Sack Races • Egg Relays  
Tug-O-War • Face Painting  
Soccer Goal Kick

### Field Day Events

**8:30 a.m. - 1 p.m.** Squadron Competition  
Sign up for events at Freedom Hall or by e-mailing  
Jacob.Trujillo@warren.af.mil  
Commander's Buffalo Chip Toss • 5K Run  
Volleyball • Soccer • Horseshoes  
Tug-O-War • 1.5 Mile Walk • 3-Legged Race  
Human Wheelbarrow Race • Joust  
Dizzy Bat Relay • Canyon Death Walk  
**100 Yard Dash • Human Specimen Contest**  
(Categories - String bean, big belly, worst tan and best physique)  
Chili Cook-Off • Apple Pie Baking Contest

### Free Barbecue Lunch - 11 a.m. - 1:30 p.m.

Prepared by the 90th Services Squadron & served by volunteers from the Military Affairs Committee

Hamburgers • Hot Dogs • Baked Beans  
Cole Slaw • Chips • Coca-Cola

### Live Entertainment by Seven Sundays!

### Closing Ceremony - 2 p.m.

Presentation of Awards by Wing Commander  
kickback SUMMER prize drawings

Frontiercade is sponsored in part by the following businesses:



UNITED STATES AIR FORCE SERVICES PRESENTS



**tops IN blue**  
world tour 2005  
AIR FORCE EXPEDITIONARY ENTERTAINERS

*...And The Beat Goes On*

**7:30 p.m.. Aug. 21**  
**Cheyenne Civic Center**

USAF  
**SERVICES**  
Combat Support & Community Service

**Coca-Cola**

**AT&T**

No Federal Endorsement Of Sponsors Intended